

Live Well Challenge - Quit Tobacco Point Tracking Worksheet

Week 6: August 18 - August 24

For definitions and maximum points see: [How to Earn Points](#)

Complete green cells below	Yellow cells should calculate automatically
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Place points in each cell if appropriate								Point Criteria	
Quit Tobacco	M	T	W	T	F	S	S	Points	Quit Tobacco - 30 points weekly max
Choose Your Activity: • Option 1 - Learn • Option 2 - Manage Stress • Option 3 - Tame Your Triggers • Option 4 - Seek Support • Option 5 - Healthy Living • Option 6 - Smoke Free Environments • Option 7 - Review Resources • Option 8 - Get Ready • Option 9 - Relapse Prevention									25 points for 2 activites within one option, 25 points weekly max
Weekly Bonus Activity									
Stress Less									Stress Less - 7 points weekly max
Stress reduction for 15min.									1 point daily
General Health									General Health - 21 points weekly max
Floss & Brush									1 point daily
Slept 7+ Hours									1 point daily
8-8oz glass of water									1 point daily
									Worksite Health Promotion - 5 points weekly max
Worksite Health Promotion									5 points weekly
When the week is finished, report this total score to your Team Captain:									0

Special Activities Events- 75 POINTS MAX FOR THIS CATEGORY			Special Activities/Events	
Cooking Class			10	10 points per class, 20 pt max
Physical Activity Class			10	10 points per class, 20 pt max
Community Checkup Survey			10	10 points, one time event
Register for Heart Walk			10	10 points, one time event
Healthy Commute			10	1 point per day, 10 pt max
Know Your Numbers			20	5 points per measurement, 20 points max
Personal Health Record			20	20 points, one time event
Participate in Challenge Activity			20	20 points, one time event
Be Health Hero			20	20 points, one time event
At the end of week 6, report this these points to your Team Captain:			0	